

# Volunteering at MRC Community Action @ The Marlene Reid Centre



[www.mrc.uk.net](http://www.mrc.uk.net)  
01530 510515  
[info@mrc.uk.net](mailto:info@mrc.uk.net)



## Why should I volunteer?

People choose to volunteer for a variety of reasons.

For some it offers the chance to give something back to the community or make a difference to the people around them.

For others it provides an opportunity to develop new skills or build on existing experience and knowledge. Regardless of the motivation, what unites them all is that they find it both challenging and rewarding. Here are just a few reasons to volunteer:

- **Help your community**
- **Meet people** and making friends
- **Gain confidence** and improve your **self esteem**
- **Feel valued** and part of a team
- **Gain experience** to becoming more employable
- **Try a new type of work** e.g. working with children/elderly
- **Strengthen** your CV



## What can I do as a volunteer?

There are many types of volunteering opportunities for you to choose from. You could decide to use skills you already have or use volunteering to try something new. Many organisations will even offer you training as a volunteer, so volunteer work is an opportunity to learn new things.

Here are a few examples of volunteering opportunities that may be available at MRC Community Action:

- Administration - help on Reception or in various departments with a range of office duties
- Help out in our charity shop, The Attic - sorting clothes and books, maybe arranging window displays
- IT - show other volunteers and staff how to use computers
- Gain experience in the REACT Furniture Warehouse - there's a wood work shop, furniture shop and often Opportunities to help deliver and collect items from people in and around North West Leicestershire
- Help out in Little Dragon's Den - soft play sessions are held three times a week for 0-5 year olds there may be opportunities to prepare food for the snacks and refreshments in the cafe in Little Dragon's Den
- Administration duties in the Community Transport Department or help out as a chaperone on the elderly shopping trips.
- Become a volunteer driver taking people to important health related appointments
- Help out at the weekly community lunch - preparing the meal or entertaining our elderly guests

## How do I start volunteering?

To get started you can either search online at [www.mrc.uk.net](http://www.mrc.uk.net) or pop into Reception at The Marlene Reid Centre, alternatively give us a call on **01530 510515** or email [info@mrc.uk.net](mailto:info@mrc.uk.net)

## How much time do I have to give when I volunteer?

*A huge range of varied and flexible volunteering opportunities are available so you'll be able to find something that fits into your schedule.*

*You can give as much or as little time as you like.*

*We don't ask for a large commitment - any time you can offer will be greatly appreciated. We are more than happy to be flexible and work around the time you can give. There are also one-off opportunities that require a day or so of your time. If you can't get out to volunteer regularly.*

## Will I be paid for my time?

*A volunteer is defined as someone who willingly gives up their time without pay to help people or the environment.*

*As a volunteer, you will not get paid for your time but usually reasonable expenses you incur will be reimbursed, such as bus fare, so that volunteering does not leave you out of pocket.*

## Will volunteering affect my benefits?

*Genuine unpaid volunteering should not affect any state benefits you receive.*

*It is important that if you're on benefits you don't accept any payments other than having your expenses re-paid at the exact cost. For example, if your bus fare is £2.80 you can accept £2.80. It can lead to problems for you and the organisation if your reimbursement is rounded up to £3.00.*

*You will need to be available for interview with the Job CentrePlus if asked. If you are on Job Seekers Allowance you will still need to provide evidence that you are seeking paid work, available for job interviews and willing to take up paid work at a week's notice.*

*It is best to keep in touch with the Job Centre about your volunteering so that they know you are keeping to the rules and are aware of your situation. For instance, if you are on Incapacity Benefit you need to keep the hours of activity recommended by your doctor.*

## Can I volunteer if I have a disability?

*Yes, our organisation is equipped to deal with a variety of access needs - please contact us to find out more.*

## Can I volunteer with a criminal conviction?

*Criminal convictions don't necessarily mean that you can't volunteer, but they may limit the type of volunteering you can do.*

*You will need to declare any criminal convictions when you apply to volunteer. If you are working with young people or vulnerable adults you will be asked to complete a Disclosure and Barring Service (DBS) check (previously Criminal Records Bureau check) which will inform the organisation of your criminal record.*



## How old do you have to be to volunteer?

There is no legal age limit to volunteering but we do have a minimum and maximum age limit because our insurance policy does not cover certain age groups (such as under 16s and over 80s).

Often, when a group meets a volunteer who they feel offer something worthwhile, a phone call to their insurers can extend the age limit but this is entirely a decision for the organisation.

We are always happy to have a chat to you and clarify any questions you may have if it is helpful.



## I've applied for a volunteer role but not heard anything. What should I do?

MRC Community Action is a small charities, volunteer applications have to go through a process and those involved in this process work different hours.

This can mean it may take a little longer than you expect to hear back following your application. Please be patient. If you have any queries, please contact us.



## Do I need a Disclosure and Barring Service (DBS) checks (previously Criminal Records Bureau check)?

This will depend on the volunteer role that you are doing. If you are working with children or vulnerable adults, you can expect to be asked to complete a DBS check.

This will involve you filling in a form giving your name, current and previous addresses and giving proof of who you are and where you live. It shouldn't cost you anything

<p><b>Did you know:</b> MRC Community Transport Services provides <b>15,000</b> passenger trips &amp; <b>6,000</b> Minibus trips a year to help people who have difficulty accessing other transport ?</p> <p><b>DO YOU HAVE TIME TO SPARE?</b></p> <p><b>&amp; ENJOY WORKING WITH &amp; HELPING LOCAL PEOPLE?</b></p> <p>Call 01530 512456</p>	<p><b>WHY BE A VOLUNTEER?</b></p> <p>You'll receive a full driving assessment</p> <p>The only cost to you is your time.</p> <p>You will receive expenses for every mile you travel in your own car &amp; to and from our minibus)</p> <p>You can volunteer as much or as little time as you want to.</p> <p>You can drive on a regular basis or be as flexible as you need to be.</p> <p>Interested? Call or email Nikki to find out more.</p> <p><b>BE A VOLUNTEER DRIVER !</b></p>
<p>Call 01530 512456</p>	<p>info@mrc.uk.net</p>

MRC Community Action at The Marlene Reid Centre,  
85 Belvoir Road, Coalville, Leicestershire LE67 3PH  
01530 510515 info@mrc.uk.net www.mrc.uk.net

